

2015 Website Program Description

Join trainer Patty Ray Avalon for a weekend journey of consciousness transformation and mind-body rejuvenation. Experience The Monroe Institute® as your personal Consciousness Spa. Discover how to reshape your thoughts and conditioning around aging and create a new, youthful vision of being.

During this revitalizing course you will explore tools to help you harness the power of your mind to positively shape the way that you age. Experience a transcendent, timeless state of being by journeying to Focus 15 – the state of "No Time." Discover the power of utilizing "function commands" to reprogram your consciousness around aging. Guided meditations, creative visualizations, life enhancing affirmations, and experiential reflections will support you on your journey.

Transform Your Thoughts About Aging. Awaken to a New Vision of Being.

I AM READY TO EXPLORE!







During our Positively Ageless program you will experience tools and techniques that can help you achieve deep relaxation and whole mind-body restoration. While in these deep meditative states, discover how to release limiting beliefs, shift your consciousness, and create an "ageless" body.

Explore:

- Clearing and balancing emotional energy
- Increasing the energy in and around your body
- Reprogramming and reconditioning your thought patterns through Human Plus (H-Plus) function commands
- Using powerful "counter aging" affirmations
- Creating a 30-day personalized rejuvenation plan for aging positively

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Release Limiting Beliefs Around Aging. Create a Youthful Vision of Being.





I AM READY TO EXPLORE!

Your Guide for this Exploration: Patty Ray Avalon



In addition to creating the EnergyBody program, Patty Ray Avalon is creator and lead trainer of the Positively Ageless program. She is a highly talented artist, healer, energy worker, teacher, and consciousness facilitator. Patty is a graduate and former faculty member of the Barbara Brennan School of Healing and has been a Residential Trainer at The Monroe Institute for over fourteen years. She created over 35 Hemi-Sync exercises through Monroe Products and continues to facilitate programs every year. Jean McDoniels,

Outreach Trainer for TMI and owner of Ocala Inner Center in Florida, will co-lead your experience.

Your Facility for this Journey: The Monroe Institute



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.

Spend a weekend exploring the life-enhancing benefits of shifting your Perceptions around aging. Nourish your mind and body – come away with a refreshed vision for aging differently. Positively Ageless empowers you with the ability to:

- · Feel younger, healthier, and stronger
- Experience changes in energy levels and physical appearance
- Transform your outlook on life and aging
- Easily access revitalizing energies
- Increase your vibrancy and vitality
- Inspire positive change in the way you take care of yourself

Release Limiting Beliefs Around Aging. Create a Youthful Vision of Being.

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Don't take our word for it. Here's how others have described their experience with Positively Ageless:

"It works! I am 50 years old and I'm always told I look younger. I feel younger than 50 too! I am claiming and embracing my permanent youth no matter how many years I accumulate in this physical facility. My favorite exercises from the program were Lightbody and Clear and Balanced. These two exercises are now a regular part of my youth-maintenance routine. I'm no longer a believer that this works - I'm a knower!" ~ Linda B.

"I have used Positively Ageless for so many other purposes besides anti-aging. I use it for improving my Remote Viewing skills and restoring my energy levels." \sim Karen T.

"A group of us used Positively Ageless as an experiment to see how we felt after listening to the series. Some things we noticed: improved posture, better physical movement, some reported pain reduction, in general, we felt younger and less stressed." ~ Rosa G.

"Positively Ageless helps put me to sleep and wake up really refreshed and renewed." \sim Jim C.





Our weekend All-inclusive Positively Ageless Program offers:

- Daily Hemi-Sync® audio exercises by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee).

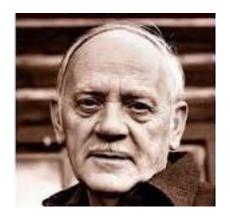






Shift Your Thoughts Around Aging. Experience a Timeless State of Being.

I AM READY TO EXPLORE!



"You are more than your physical body. Go experience for yourself." ~ Robert Monroe

*Note: Every Positively Ageless experience is unique to the individual. No one experience is like any other. Each participant will have an experience in ways consistent with their needs and beliefs.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.